



REDUCED MEAT MEXICAN COTTAGE PIE

REDUCED MEAT MEXICAN COTTAGE PIE

Yield: ± 4 kg (Makes half insert)

Reduced Meat Mexican Cottage Pie Mince

200 g (1 packet)

Live Well Range™ Savoury Base R/P (08228030)

600 ml (2½ cups)

Water, for soaking

90 ml (6 Tbsp)

Oil, for frying

250 g (1 large)

Onion, chopped

150 g (1 medium)

Green pepper, chopped

500 g

Beef, mince

300 ml (1¼ cups)

Peri-Peri Marinade (07535040)

75 g (4 Tbsp)

Tomato paste

410 g (1 can)

Tomatoes, chopped

244 g (1 can)

Red kidney beans, drained and rinsed

Mashed Butternut

1.5 kg (1½ medium)

Butternut, cubed

45 g (3 Tbsp)

Butter/Margarine

10 g (2 tsp)

Salt

METHOD:

In a large bowl soak the Live Well Range™ Savoury Base R/P in the allocated water for soaking and set aside. Allow the ready pack to soak for ± 30 minutes. Heat the oil in a large pot and fry the onion until soft and transparent. Add the green pepper and fry for ± 2 minutes. Add the mince and cook until browned. Add the soaked Live Well Range™ Savoury Base R/P, Peri-Peri Marinade, tomato paste and tomatoes. Simmer for ± 15 minutes. Add the red kidney beans and cook for ± 10 minutes or until the beans are heated through.

Steam the butternut until soft. Drain off any excess water. Mash the butternut with the butter/margarine while still hot. Season with the salt. Preheat an oven to 180°C. Spoon the reduced meat mexican cottage pie mince mixture into a half insert, then pipe or spoon the mashed butternut over the top. Bake for ± 20 - 30 minutes or until the butternut is golden brown and the mince is heated through. Allow to stand for ± 10 minutes before serving.

PEOPLE · PASSION · INNOVATION

www.delispices.co.za | f t i